Treatment  
 Sleep Apnea

Depending on the severity of Sleep Apnea, the treatment options may differ.  
People who have mild cases of sleep apnea are typically recommended basic lifestyle changes, such as losing weight or to stop smoking.   
For more extreme cases of sleep apnea there are different approaches to treatment. Sometimes surgery is essential, other times you may need a certain device that will help open up your airways.

Treatments for sleep apnea my include:  
***Therapies***

**Continuous positive airway pressure (CPAP).** This machine delivers air pressure while asleep through a mask covering you nose. This device creates a greater pressure than normal surroundings which lessen snoring and apnea.

**Bi-level positive airway pressure (BPAP).** If CPAP happens to a problematic, another device called the BPAP may be more beneficial to you. This device habitually adjust the pressure while you’re asleep

***Surgery***

**Tissue removal.** For this procedure, your doctor will take away tissue from the top of your throat and the back of your mouth. Typically, the tonsils and adenoids are also removed. This surgery will stop vibrating in throat and snoring.

**Jaw repositioning.** This surgery will move the jaw forward. By doing this it enlarges the space between the tongue and soft palate making blockage less likely.

**Implants.** In this procedure, plastic rods are surgically implanted into the soft palate. This will also help open airways.